GOOD NEWS FOR HOMEMAKERS

By Shirley W. Walton
Extension Agent

Cleanliness Discourages Household Pests
As Does the Use of Insecticides and Rodenticides

Summertime, and the living may be easy for unwanted houseguests, such as, ants. However, these perennial pests are less likely to stay where they can't "freeload" meals easily! Now is the time to maintain a high level of cleanliness to discourage ants, flies, mosquitos and other household pests from home building on your property.

The first line of defense is keeping ants and other insects outside. Be sure screens fit tightly and have no tears. Check that windows and doors fit snugly, too. Use caulking compound, weather stripping or modeling clay around crevices in entryways, foundation, water and radiator pipes and cracks around sinks, toilet bowl, baseboards and between floor boards.

Discourage insects from building nests by wrapping garbage securely, keeping garbage cans tightly lidded, and occasionally scrubbing the cans with suds and water. Where pests have set up home, treat with a suitable insecticide being careful to follow label directions.

Inside the home, be sure to keep food out of reach as much as possible. Scrape and wash dishes right after a meal or snack. Store leftovers and dry goods in containers with tight-fitting covers. Use a sudsy sponse frequently to wipe countertops, appliances and the outside of storage containers. Wash around water pipes, sinks, and toilets; behind drawers and washtubs; shelves and storage places, especially in the kitchen and bathroom. Scrub up baseboards, window frames and cracks and openings in walls, floors, and cupboards. Crumbs, spills and food smears are an open invitation to come for dinner.

Don't overlook the floor. Wash away spills promptly and sweep up crumbs as often as necessary.

Garbage is a gourmet delight to household pests. Try not to leave any food peelings or leftovers open to invasion. Small amounts can be securely wrapped or placed in bags and sealed. Always rinse bottles, jars and cans, especially if collected for return to the store or disposal at a local recycling center.

Keep wastebaskets and kitchen garbage cans clean, too. Empty the contents when necessary but at least once every day. As a special tip, line trash baskets with special bags, grocery bags, plastic bags or newspaper to make it easy to empty them and to keep them clean.

Should ants find their way into a home, get rid of them right away. Treat the nest with liquid insecticide; if outdoors, destroy it by pouring on boiling water or ashes.

Keep these pests out by spraying an insecticide on outside walls, cracks and openings and indoor surfaces. In the kitchen, put insecticide on cracks with a small paintbrush so that it does not spread to utensils or food!

Adhere to basic safety precautions when using insecticides or rodenticides. Keep these and other chemicals in a safe place - away from children and pets. Do not store near food, under sinks or in medicine chests. Keep children and pets out of a room when using these products. After working with sprays or liquids, wash face and hands and change to clean clothing. Then wash the clothing before reuse.

RECIPE OF THE WEEK
Orange Refrigerator Salad
1 3 ounce box flavored (orange) gelatin
1 12 ounce carton cottage cheese
1 11 ounce can mandarin oranges, drain well
1 15¾ ounce can crushed pineapple, drain well
1 4½ ounce carton frozen topping, thawed

Sprinkle dry gelatin over cottage cheese. Add oranges and pineapple; stir gently to mix well. Fold in whipped topping. Cover and refrigerate for at least 4 hours. 8 to 10 servings.

"ABRACADABRA", a play, was given on Thursday of last week by students of the fourth grade at Appomattox Elementary School.

Participating were, front row, left to right, Janice Campbell, Sherry Pennix, Chad Deavers, Jay Stewart, and Rick Caldwell; back row, back row, left to right, Gary Goodwin, Mike Williams, Dale Schrock, Blair Smith, Bonnie Drinkard and Shelia Carrico.

Area Farmers Part of National Acreage and Livestock Survey

Producers in Appomattox County will be contacted in late May or early June as part of a nationwide effort to properly estimate 1975 spring planted acreages and current livestock numbers.

Representative farmers in this area will be visited between May 22 and June 4 by Danny L. Johnson of Bedford County assisting the Virginia Crop Reporting Service. Mr. Johnson will ask about acreages planted and for harvest and also about cattle, hogs, and sheep on the farming unit. Across the county thousands of similar interviews will be conducted and many other farmers will be contacted by mail. All information will be held confidential and only State and national estimates will be released.

The objective, Mr. Johnson said, is to produce reliable and unbiased information for producers as a guide for their marketing operations. He noted that these estimates help stabilize market conditions by providing both growers and buyers with official estimates of production. Consequently, rumors and trade projections can not be a factor in setting supply and price levels.

The State and national acreage information will be published in late June and for cattle late July.

EMERGENCY FIRST AID
352-5425
APPOMATTOX COUNTY RESCUE SQUAD

Rummage Sale At St. Anne's

A Rummage Sale is to be on May 31 from 10 a.m. to 2 p.m. at St. Anne's Episcopal Church. The Episcopal Church Women will have used furniture, clothing and bric-a-brac available at very reasonable prices. There will also be a bake sale.

The proceeds of the rummage sale will be used to continue the work of the church women - their most outstanding current project is to paint the church.

If you would like to contribute serviceable goods for the sale bring them to the back of the church on May 30 afternoon.

Be sure to attend and buy several treasures or bargains.

The REAL Smokey Bear Is Not "Retiring"

The real Smokey Bear - - the upright bear with the familiar ranger's hat, Levis, and shovel - - is alive and well and spearheading his 32nd advertising campaign to protect America's forest from man-caused fires.

Smokey was born in an artist's studio instead of a den in a forest. He was first featured in the forest fire prevention campaign of the state foresters and the U.S. Forest Service in 1945.

Then, in 1950, a game warden in New Mexico rescued a bear cub who had been badly burned in a forest fire and nursed him back to health. Someone got the idea of flying this cub back to the National Zoo in Washington and naming him after the already-famous Smokey Bear. And there this live Smokey has lived for some 25 years.

During the past year, as it became apparent that live Smokey had become a very old bear and would soon have to be "retired", many people have gotten the impression that the entire Smokey Bear campaign was about to be shelved.

Nothing could be more untrue! The **real** Smokey Bear will definitely continue to be the national symbol of forest fire prevention for America.

During a brief ceremony at the National Zoo on May 2, the live bear called Smokey since 1950 was officially retired and the title transferred to a younger bear of the same color and size. So for many years to come there will be a live bear called Smokey at the National Zoo.

But remember . . . the **real** Smokey Bear is the one you see in public service announcements on television and in newspaper and magazine ads and on posters and card cards. Like Little Orphan Annie, he'll **never** grow old.

GOOD FISHING

Earl Mann, right above, is shown holding the large-mouth bass he caught Monday morning at pond. Fishing with Mann was Ricky Page, above.

Tech Presents Service Awards

BLACKSBURG - Honors for years of service were presented to 69 members of the Virginia Extension Service Association, during the group's annual professional improvement conference at Virginia Tech's Donaldson Brown Center for Continuing Education. The presentations were made at a ceremony Wednesday, May 21.

Special 25-year length of service awards were presented by the Tech chapter of the honorary Extension fraternity, Epsilon Sigma Phi. U. S. Department of Agriculture (USDA) length of service awards were presented to persons with 40, 35, 20 and 10 years of service. Presenting the awards were William E. Skelton, dean of the Extension Division, and Mildred A. Payne, president of the local chapter of the fraternity.

Receiving USDA 20-year awards was Virginia G. Bailey, Buckingham.

ENERGY SAVING TIPS FOR THE WEEK

1. Use cold water rather than hot to operate your food disposal. In addition to saving hot water this helps get rid of grease - the cold grease solidifies and can be ground up and washed away.

2. Since high humidity makes our bodies hold more heat, we should minimize moisture making activity such as mopping and washing dishes and perform these tasks during the coolest part of the day.

3. Cover all liquids stored in the refrigerator (especially frost-free models). Moisture is drawn into the air from uncovered liquids making the refrigerator work harder.

4. Oven cooking is more economical than surface cooking. Ovens require energy only periodically since the insulation holds in the heat. Cook tops consume energy the entire time they are in operation.

5. When does 350° equal 325°? Ceramic, glass and stainless steel dishes retain heat better than other materials. When baking with these dishes, the oven setting can be lowered 25°.

6. Energy can be saved by drying garments on a dry condition if you iron them later. If you do not have this time, shorten drying time.

7. When lights are outdoors for security, an electric cell which turns off automatically during the day is a good investment for the conscious consumer.

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CHICKEN ON A BUN with turnover and small drink. Reg. $1.15	SAVE 20¢	95¢
TWO REGULAR HOTDOGS anyway you like them, small drink. Reg. $1.00	SAVE 11¢	89¢
3-PC. CHICKEN DINNER, mashed potatoes, honey, roll. Reg. $1.65	SAVE 25¢	$1.40
FLOUNDER FILET with tartar sauce French fries, cole slaw, roll. Reg. $1.50	SAVE 25¢	$1.25
4-PC. CHICKEN DINNER, mashed potatoes, cole slaw, honey, roll. Reg. $2.30	SAVE 30¢	$2.00
BUCKET OF CHICKEN, 14 golden brown pieces, pint of cole slaw, 5 rolls.	SAVE 70¢	$6.50

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Appomattox Hardware C
MAIN STREET APPO

AY, "DICK WHITTINGTON AND HIS CAT", was given Thursday at Appomattox School by students of the fourth grade.
ting in the play were, front row, left to right, Karen Doss, Cheryl Cheatham, Joanie Merrill Moore and Anita Harvey; and on back row, left to right, John Booker, James Philip Agee, Carrel Almond.

L, THE AFRICAN SPIDER", a play, was given on Thursday, May 29 by students of the ade at Appomattox Elementary School.
ing in the play were, front row, left to right, Mary Byers, Becky Sue Williams, Nancy ristie Mitchell, Jill Noble, and Regina Goggin; and on back row, left to right, Rebecca Smith, Cheryl Williams, Kim Maxwell, and Cindy Covington.

ENERGY OFFICE TY ELECTRICITY MMISSION:
ginia Energy Office as a research source Electricity Costs. The Office has the collection of on all energy-related subjects and a communication 'network' into many information sources which will serve as references to the Commission. The staff of the Virginia Energy Office will assist the Commission in developing information needed in their deliberations over increasing consumer discontent with the prices of electrical energy.

MAY IS... BETTER SPEECH AND HEARING MONTH

Bertram Schewel

Lynchburg Man Receives Award

Bertram R. Schewel, Schewel Furniture Co. with headquarters in Lynchburg, Virginia and stores in North Carolina and Virginia was presented the Willis Award of Merit Monday, May 5, 1975. The presentation was made at the annual membership banquet of the Southern Home Furnishings Association at its 63rd annual meeting. The award was made by Weddie Huffman, Director of Industrial Relations for Burlington Industries. The Willis Award is presented annually in honor of John Willis and Benjamin J. Willis of Norfolk, by members of their families. The award, a silver punch bowl, ladle and tray, is given to the retailer in the tri-state area who has best served his industry, his community and his God. The vote is by a jury of his peers within the industry. Mr. Schewel was born and reared in Lynchburg. He graduated from Washington and Lee University in 1941 and then enlisted in the Air Corps. Upon discharge in 1946 he had attained the rank of Captain. He and his wife Helene, a 1947 graduate of Randolph Macon College have three children - one of whom, Marc, is also employed in the company business.

Schewel has served two five years terms on the board of the Southern Home Furnishings Association. He has also served on the Executive Committee and Investment Committee. Locally, Mr. Schewel has served as president of Agudath Sholom Congregation and as a Board member of the Beth Sholom Home of Virginia. He either is now, or has been active in the Lynchburg Washington and Lee Alumni Association; Greater Lynchburg Retail Merchants Association; Lynchburg Retail Health Association; Lynchburg Lodge 1211 B'nai B'rith; Piedmont Heart Association; Central Lynchburg Association; and of the Advisory Board of Randolph Macon Woman's College. He is a member of Kiwanis and of the Elks. He is also a member of Hill City Masonic Lodge, Scottish Rites and Kazim Temple. He is currently chairman and is past treasurer of the Salvation Army Board. He is a member of the board of Virginia National Bank/Lynchburg and former board member of Oakwood Country Club. Proving that a man can be with honor in his own home town, in 1973 he was honored with the Brotherhood Citation of the National Conference of Christians and Jews for "life time devotion to the ideal of Brotherhood of Man under the Fatherhood of God, devotion and service to one's own religious group and civic service and leadership.

James T. Allison of Lynchburg was the recipient of the Willis Award in 1970.

The Informational and Referral Center of Central Virginia has announced two new staff assistants. They are shown above with Shirley Moore, center, who is the Director. New staff assistants are Thelma Woodruff on the left and Maureen Spencer on the right.

The Information and Referral Center of Central Virginia announces the appointment of two staff assistants.

Thelma Woodruff, a Bedford County resident, has been closely associated with the organization and development of the Center from its beginning. She has served as a volunteer for 18 months, previous to her retirement to Virginia, Mrs. Woodruff managed the Peck and Peck Store, of Belmont, Mass. for 25 years. Maureen Spencer, a Campbell County resident, also has served as a volunteer at the Center. She is a licensed practical nurse and a former VISTA worker.

The Information and Referral Center assists people who are in need of help and unable to find it. Focusing primarily on health and social service problems, the Center has developed files which make it possible for callers with problems to find where to turn for help. There is no charge for this service. Lynchburg residents may call 845-8016. Those in the counties of Amherst, Appomattox, Bedford, and Campbell should call collect: 845-8016.

Shirley W. Moore, Director, is also assisted by Frances Cohen, volunteer, and two student-aids.

The Center, an independent agency with its board of directors from the Central Virginia Region, is funded partially by the United Way of Central Virginia.

SPECIAL PROGRAM TO BENEFIT COUNTY BIBLE CLASS

On Sunday, June 1, 1975, at 7 p.m. there will be a religious program at Mt. Shiloh Baptist Church at Spout Spring for the benefit of the County Bible Class. Come one, Come all; there will be a surprise, come and see for yourself.

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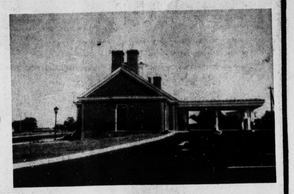

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